

LYNN COUNCIL ON AGING SENIOR CENTER



August 2016

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

"The Good Old Days"

Remember the good old days gone by
When we were children, you and I
The way we skipped, the way we ran
The times that we played "kick the can"

Do you remember the card games we played?
Solitaire, rummy, fish, and old maid
And jumping rope I liked so much
Especially playing double Dutch!

The house that we lived in was drafty and old
But the old black stove kept out the cold
Ice cream cones then were only a nickel
And it also could buy you a pickle

Television then was unheard of, you know
But at night we all sat by the old radio
We listened to all the wonderful shows
Lights Out, Suspense and The Shadow Knows

We shared all the problems that started
on Monday
For poor Helen Trent and Our Gal Sunday
And there was always a story to tell
With Lorenzo Jones and his wife Belle

Sinatra and Crosby were always in tune
Their singing would cause all the young
girls to swoon
And it would bring a tear to my eye
When I listened to Johnny Ray sing, "Cry"

The kids on our block all hung in a group
At night we'd gather and sit on the stoop
We'd tell silly jokes or sing a new song
But had to go in when the street lights went on

Remember the good old days?

~Author Unknown~

From Your Mayor

How fortunate we are to have had such a beautiful summer so far. I hope you have been enjoying these sunny, warm days with the help of some ocean breezes.

The progressive rock band YES kicks off our August performances at the Lynn Auditorium on Aug. 4, and award-winner and ever popular singer-songwriter Neil Sedaka will perform on Aug. 15. I'm sure many of us will be brought right back to the days of American Bandstand when we hear Neil singing his hits such as "Calendar Girl" and "Happy Birthday Sweet Sixteen." To end the month, Ted Nugent will perform on Aug. 22. Looking ahead to the fall, I'm thrilled that we'll be welcoming world-class entertainers such as Gladys Knight, Smokey Robinson and William Shatner to our auditorium. For more information, please visit www.lynnauditorium.com or call the box office at 781-581-2971.

The final performances of "A Midsummer Night's Dream," outdoors at the Pennybrook Road Entrance of Lynn Woods, will take place on Aug. 6, 7, 13 and 14 at 4 p.m. I hope you can enjoy this marvelous local production of one of Shakespeare's most beloved comedies.

There is also still time to enjoy one of the remaining performances of the summer concert series at Red Rock Park. Mary Beth Maes will perform on Aug. 4, followed by White Lightnin' on Aug. 11 and Lexington Street Band on Aug. 18. All concerts are from 6 to 8 p.m. and admission is free.

Summer is a perfect opportunity for healthy eating and we are lucky enough to have full access to fresh fruits and vegetables every week, right in our downtown. I urge you to visit the Lynn Central Square Farmers' Market, which is open every Thursday through October from 11 a.m. to 3 p.m. on the corner of Union and Exchange streets.

Stay cool and hydrated as you soak in the rest of the summer,
Mayor Judith Flanagan Kennedy


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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503

Rosa Paulino-Diaz
Activities Assistant ext. 625

Pam Brito
Program Coordinator ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

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Meets 4th
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monthly at
11:30 a.m.

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Membership Secretary

Next FRIENDS
Meeting,
Aug. 25th @ 10am

FRIENDS MEETINGS

FRIENDS MEETINGS: **10 am** - First Floor Board Room

August 25th Sept 22nd Oct 27th

Nov 17th Dec 29th

Considering joining the FRIENDS? Come visit us and see what we're all about! ... Friendship first, friendly smiles making smiles and raising funds for our senior center.

AUGUST HAPPENINGS

Tues, Aug 2	Birthday Party Karaoke!	11:30 am – 1:00 pm
Thurs, Aug 4	Veterans Coffee Hour with Tom Moran Resource Library	1:00 pm – 2:00 pm
Weds Aug 10	Free Seminar: <u>How to spot credit card skimming devices?</u> Game Room	9:30 am

Beware! They're smart! They extract money or charge your account without you even knowing it!

Brought to you by Office of Consumer Affairs & Business Regulation

Wed, Aug 10	Mass Senior Action Meeting	Wall Plaza	No meeting this month
Thur, Aug 11	Podiatry Appointments		10 am – 12 pm
Thur, Aug 11	<u>Ice Cream Social!</u> Friends of LCOA		1pm
Fri, Aug 12	<u>Lunch trip:</u> Clam Box Ipswich	\$2	10:30 am – 2pm
Mon, Aug 15	<u>Field Trip:</u> Salem Willows	\$2	10:30 am – 1:30 pm
Tues, Aug 16	<u>Foxwoods Casino:</u> pre-paid reservation required	\$28	6:30 am – 6:30 pm
	\$10 slot play \$10 food coupon or free buffet		Companions must be 21
	40 passengers must be registered by August 5 th for trip to go - please sign up early		
Thurs, Aug 18	<u>Field Trip:</u> Castle Island	\$2	9:30 am—2:30 pm
Fri, Aug 19	BROWN BAG Program sponsored by the BOSTON FOOD BANK		10 am – 12pm
Tues, Aug 23	Day Trip: Cape Cod Lunch at Lindsey's & gift shop	\$5	7:00 am – 5:00 pm
Thur, Aug 25	Friends of the Lynn Council on Aging meeting		10 am
Thur, Aug 25	<u>Field Trip:</u> Richardson's Ice Cream	\$2	11:00 am – 1:30 pm
Mon, Aug 29	<u>Field Trip:</u> MBTA Sr ID –Downtown Boston Lunch @Wendy's	\$2	9:30 am – 2:30 pm
Wed, Aug 31	Lobster Cruise- Gloucester - Live entertainment	\$45	9:45 am – 4pm
Mon, Sept 12	Bingo Bonanza \$11 - 12 games 9 cards -paper sheets only One package per person Big prizes!		1 pm start time 12 noon card sales until 12:50
Wed, Sept 28	Lynn Council on Aging Board of Directors Meeting		11:30 am

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AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>¹ Stuffed shells/sauce(481) Mixed vegetables(40) Calories-668 Sodium-1012 ALTERNATIVE Egg/cheese sandwich(570)* Calories-650 Sodium-941</p>	<p>² Chicken cacciatore(529)* Pasta(2) Salad(65) Calories-711 Sodium-881 ALTERNATIVE Salmao brasileiro(salmon)- 260 Calories-620 Sodium-620</p>	<p>³ Beef stew(100) Capri blend veg.(15) Calories-700 Sodium-400 ALTERNATIVE Arroz con pollo(chicken)-(122) Calories-620 Sodium-400</p>	<p>⁴ Boneless pork chop/gravy (55) Mashed potatoes(198) Calories-675 Sodium-652 ALTERNATIVE Cheese tortellini/ sauce (170) Calories-600 Sodium-568</p>	<p>⁵ SPECIAL Baked crispy chicken Vegetable rice pilaf Broccoli Wheat bread Brownie Calories-800 Sodium-852</p>
<p>⁸ Chicken parm./pasta (736)* Carrots(74) Calories-788 Sodium- 1455** ALTERNATIVE Arroz con carmitas(beef) (490) Carrots(74) Calories-800 Sodium-1180</p>	<p>⁹ Roast turkey florentine(641) Sweet potato(55) Salad(50) Calories-726 Sodium-1164 ALTERNATIVE Tilapia/cilantro salsa(268) Sweet potato(16) Salad(50) Calories-720 Sodium-791</p>	<p>¹⁰ Shepherd's pie(170) California blend veg.(23) Calories-630 Sodium-547 ALTERNATIVE Chicken creole(220) Cal.blend veg.(23) Yams(26) Calories-600 Sodium-624</p>	<p>¹¹ Meatloaf/brown gravy (278) Mashed potato(198) Salad (50) Calories-736 Sodium-830 ALTERNATIVE Cerdo asado (pork)- (62) Mashed potato(198) Calories-793 Sodium-750</p>	<p>¹² Cheese ravioli/sauce(328) Green beans(4) Calories-600 Sodium-596 ALTERNATIVE Caribbean chicken(122) Yellow rice(6) Calories-698 Sodium-396</p>
<p>¹⁵ Hamburger/roll/ketchup (470) Mashed potato(198) Calories-716 Sodium-1117 ALTERNATIVE Brazilian chicken(159) Calories-689 Sodium-960</p>	<p>¹⁶ Tortellini/meatsauce(170) Salad/dressing(50) Calories-630 Sodium-749 ALTERNATIVE Beef tips/peppers&onions (490) Calories-795 Sodium-892</p>	<p>¹⁷ Turkey chili/cheese(483) California blend veg.(23) Calories-650 Sodium-915 ALTERNATIVE Arroz con pollo(chicken)-(122) Calories-703 Sodium-556</p>	<p>¹⁸ Lemon pepper pork(255) Brown rice & beans(80) Calories-759 Sodium-300 ALTERNATIVE Baked fish/tartar sauce (224) Calories-696 Sodium-912</p>	<p>¹⁹ Rosemary chicken(350) Mashed potatoes(198) Calories-600 Sodium-784 ALTERNATIVE Cheese pizza(618)* Calories-654 Sodium-855</p>
<p>²² Crispy fish/tartar sauce (350) Potato wedges(6) Calories-742 Sodium-960 ALTERNATIVE Jerk chicken(150) Calories-675 Sodium-740</p>	<p>²³ Beef hotdog/roll(705)* Baked beans(140) Salad (50) Calories-733 Sodium-1125 ALTERNATIVE Roast pork(209)/rice/beans- 48 Calories-684 Sodium-417</p>	<p>²⁴ Chicken teriyaki(252) Brown rice(6) Stir fry veg.(27) Calories-670 Sodium-637 ALTERNATIVE Shrimp with rice-(184) Calories-670 Sodium-570</p>	<p>²⁵ Roast turkey/gravy(368) Sweet potato(55) Salad(50) Calories-781 Sodium-756 ALTERNATIVE Cheese tortellini/sauce(170) Calories-600 Sodium-695</p>	<p>²⁶ American chop suey(185) Carrots(74) Calories-775 Sodium-664 ALTERNATIVE Baked fish(363) Calories-787 Sodium-855</p>
<p>²⁹ Chicken parm./pasta(736)* Spinach(154) Calories-800 Sodium-1420 ALTERNATIVE Curried beef(49) Calories-873 Sodium-780</p>	<p>³⁰ Roast pork/gravy(74) Yellow rice(6) Calories-653 Sodium(501) ALTERNATIVE Baked pasta/ mozzarella (398) Calories-670 Sodium-818</p>	<p>³¹ BBQ chicken(370) Candied yams(26) Calories-732 Sodium-895 ALTERNATIVE Brazilian salmon(260) Calories-650 Sodium-821</p>	<p>ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(more than 500mg.per serving). MEALS MARKED **ARE HIGH SODIUM(more than 1200MG per meal).</p>	<p>NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE LISTED FOR THE ENTIRE MEAL,INCLUDING MILK,BREAD,MARGARINE AND DESSERT.</p>

SENIOR CENTER ACTIVITIES • AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
1:00-2:45 BINGO	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	
	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 IN2L VIDEO EXERCISE	12:30-2:30 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO
	12:30-2:30 CRIBBAGE	1:00 – 3:00 MOVIE		
	12:00-2:45 POKENO	1:00-3:00 'PENNY ANTE' POKER	1:00 FREE ZUMBA CLASS	
	1:30 BILLIARDS CLUB	2:00-3:00 HORSE RACE GAME		
	2:00-3:00 GAMERS GROUP			

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through our JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or
Cathy Davis in admissions for more information.

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APARTMENTS

CASINO TRIPS

Departs from Lynn Senior Center

Foxwoods Casino \$28
6:30 a.m. – 6:30 p.m.

Tues, August 16th
Tues, Oct 18th
Tues, Nov 15th

\$10 Free Slot Play

\$10 Food coupon or free meal at the buffet

**PLEASE NOTE EARLIER
DEPARTURE TIME IS AN
ATTEMPT TO BEAT BOSTON TRAFFIC**

Plainridge Casino \$20
8:30 am - 5:30 pm

Weds, Sept 21st

\$15 Free slot play and if you're a new
rewards member, you receive a U-Spin for a
chance to win \$5 - \$500.

* Limited seating

* Pre-paid reservation
required

* Must have 40 reservations by July 9th.

Leave Lynn Senior Center promptly at 8:30
am and leave casino promptly at 3:45 pm.



MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

August 3rd	Only You	1994	PG	108 mins
August 10th	The Odd Couple	1968	G	105 mins
August 17th	Front Page	1974	PG	105 mins
August 24th	Paper Moon	1973	PG	102 mins
August 31st	Daddy's Home	2015	PG-13	95 mins



Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



Sorry for the inconvenience...

Benefit Help and SNAP Assistance Office Hours have been suspended while we actively recruit resources and support staff to re-open.

We apologize for this inconvenience.

Safelink cell phone assistance is available by appointment. Food stamp applications are available upon request. Call with any questions.

A Message from SHINE: What are Medigap Plans?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the "gaps" in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D.

A Medigap policy will generally pay only when Medicare approves payment. You are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

For assistance with choosing a Medigap plan or any Medicare issue, contact the SHINE (Serving the Health Insurance Needs of Everyone...on Medicare) Program. Trained SHINE counselors offer free, in-person, confidential counseling on all aspects of Medicare and related insurance programs. To make an appointment, **call our office 781-586-8546 and schedule an appointment on any Wednesday** or the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845. You'll be asked to leave a message and a daytime phone number and a SHINE counselor will return your call.

Save the date!

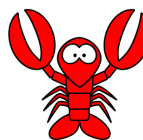
Beauport Gloucester

Lobster Luncheon & Cruise **August 31st**

9:45 am depart Senior Center
Board boat at 11 am
Sails until 2pm
Approximate return time 4pm

\$45

Limited seating – Reserve early



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Place Your Ad

Wellness Watch August 2016

Sign Up for our Fall Classes

DIABETES SELF-MANAGEMENT

A workshop for adults living with diabetes

Participants in this workshop learn the skills needed to successfully manage the day-to-day challenges of living with diabetes. Workshops are highly interactive and touch on topics such as problem solving; diet and exercise; setting and achieving personal goals; using medications appropriately; and improving communication skills. This workshop meets for 2-1/2 hours once a week for 6 weeks.

MY LIFE, MY HEALTH

A workshop for adults living with one or more ongoing conditions

Participants in this workshop learn the skills needed to successfully manage the day-to-day challenges of living with one or more chronic conditions. Workshops are highly interactive and touch on topics such as problem solving; diet and exercise; setting and achieving personal goals; using medications appropriately; and improving communication skills. This workshop meets for 2-1/2 hours once a week for 6 weeks.

A MATTER OF BALANCE

A workshop for older adults who have concerns about falling

“A Matter of Balance” is an award-winning program that acknowledges the risk of falling but emphasizes practical coping strategies to reduce this fear. These strategies include promoting a view of falls and fear of falling as controllable, setting realistic goals for increasing activity, changing the environment to reduce fall risk factors, and promoting exercise to increase strength and balance. This workshop meets for 2 hours once a week for 8 weeks.

HEALTHY EATING FOR SUCCESSFUL LIVING

A nutrition workshop for older adults

Healthy Eating for Successful Living is a program for older adults who want to learn more about nutrition and how lifestyle change can promote better health. Based on the USDA My Plate, the main components of the program include: goal setting, problem solving, group support, nutrition education, self-assessment and management of dietary patterns. The program includes six sessions delivered by trained leaders followed by a “Healthy Eating” restaurant outing.

FOR MORE INFORMATION ABOUT GLSS' HEALTHY LIVING PROGRAMS

CONTACT: Kelsey Spotts *Wellness Programs Coordinator*

781-586-8530//kspotts@glss.net



The Kiosk for Living Well

Friends, Romans, and Countrymen! It's thanks to the man who founded the Roman Empire, Augustus Caesar that we have a month called "August." It's been with us for two thousand years! You can look up the Emperor Caesar or anything else you want at the Kiosk for Living Well – it's fun. :)

You can also have your blood pressure checked with our bi-lingual **Healthy Hearts team** on **Tuesday August 9th** and **Thursday August 25th** anytime between **10:00 and Noon**.

Sylvia, our **Move Safe counselor** can assess your balance or help you work on balance exercises. You'll find her at the Kiosk on **Thursday August 4th** from **10:00-12:00**.

The Kiosk is open every Tuesday and Thursday from 10:00 – Noon.

Kiosk Exercise classes also take place every Tuesday and Wednesday from 12:30 to 1:30.

Make the Kiosk a part of your weekly routine!

August

I Y P A C K P A C K I N G
 F L E V A R T L A C L O L
 V I G L A D I O L U S E N
 I M D A N M T C U S G U O
 R A S U B O G A T U F O I
 G F F I D L B N L N O G T
 O W N I S O A O I S H N A
 O G R T A J U E T H L I C
 Y E I T T F O I S I S K A
 P R I E T E L N U N L I V
 S N Y N N E P G G E A H F
 G G N I P M A C U W I N T
 E R H A R D A N A D D R Y



August
 Boating
 Camping
 Canoeing
 Climbing
 Family
 Fishing
 Fun
 Gladiolus



Hiking
 Leo
 Backpacking
 Penny
 Peridot
 Sunshine
 Travel
 Vacation
 Virgo



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Sample hanging in center

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Tired of waiting for the mail?

Monthly newsletters are posted online at www.ci.lynn.ma.us

Click City Hall

Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

**RAFFLE! RAFFLE! RAFFLE!**

\$5 per ticket

First prize: Apple mini ipad

Second Prize: \$100

Third Prize: \$50



***Winners pulled: September 22nd 1pm
with special guest performer: Denise Doucette 12pm
Proceeds benefit the FRIENDS of the LCOA***

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~ Dr. Harvey Berger

Thank you for your donation
~ Sophie Karoumpalis

In loving memory of Henry "Buck" Bell
~ Charlotte & J.C. Bell

DEDUCTIBLE DONATION

GE matches all donations made

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



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WEDNESDAYS

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$18
WASH, CUT & SET	\$18
COLOR	\$25
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS

9:30 AM—10:30 AM

KIOSK FOR LIVING WELL

EVERY TUESDAY &
THURSDAY

10:00 AM—12:00 PM

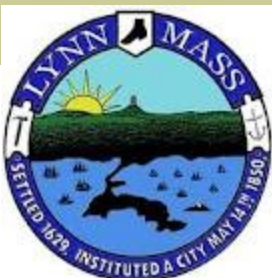
MILLION HEARTS NURSE

2ND TUESDAY &
4TH THURSDAY

*(AUGUST 9TH & 25TH)

10:00 AM—12:00 PM

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

VETERANS COFFEE HOUR

August 4th

1:00 pm - 2:00 pm



PODIATRIST



August 11th

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD SUGAR & BLOOD PRESSURE

Wednesdays



8:00 am - 9:00 am

note time change

*Every Wednesday, 8am - 9am

HEARING CLINIC



September 6th & November 8th

10:00 am - 11:00 am

Please note that the hearing clinic is now every other month.

MASSAGE THERAPY

1:00 pm - 3:00 pm

Call for appointment.



LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET

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RETURN SERVICE REQUESTED

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